

# Julie's Fitness Studio

1334 Willamette Falls Dr. West Linn

www.jfitnessstudio.com

503-888-5519

jrfoodfit@gmail.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15- 9:15am <b>Body Sculpt</b> w/ Julie  *Zoom and recording available	8:15- 9:15am <b>Yoga</b> w/ Julie  * Zoom and recording available	8:15- 9:15am <b>Body Sculpt</b> w/ Julie  *Zoom and recording available	8:15- 9:15am <b>Yoga</b> w/ Julie  *Zoom and recording available	8:15- 9:15am <b>Cardio Sculpt</b> w/ Julie  *Zoom and recording available		
9:30- 10:30am <b>Body Sculpt</b> w/ Julie  *Zoom and recording available	9:30- 10:30am <b>Gentle Yoga</b> w/ Julie  * Zoom and recording available	9:30- 10:30am <b>Body Sculpt</b> w/ Julie  *Zoom and recording available	9:30- 10:30am <b>Gentle Yoga</b> w/ Julie  * Zoom and recording available	9:30- 10:30am <b>Cardio Sculpt</b> w/ Julie  *Zoom and recording available		9:00-10:00am <b>Sunday Circuit &amp; Smoothie</b> w/ Julie Once per month 6/29, 7/27, 8/24
<b>Private Individual or Group Training and Nutrition Consultations by appt only 11:00-2:00</b>	<b>Private Individual or Group Training and Nutrition Consultations by appt only 11:00-2:00</b>	<b>Private Individual or Group Training and Nutrition Consultations by appt only 11:00-2:00</b>	<b>Private Individual or Group Training and Nutrition Consultations by appt only 11:00-2:00</b>	<b>Private Individual or Group Training and Nutrition Consultations by appt only 11:00-2:00</b>		
		4:30- 5:30pm <b>Plant Based Cooking Demo</b> w/ Julie Once per month 6/11,7/9, 8/13 *Recording available				

## Pricing and Descriptions of Classes

**Body Sculpt:** Mon & Wed 8:15- 9:15am OR 9:30- 10:30am

*Full body strengthening class using hand weights.*

In-person, virtual Zoom and Recorded classes available

**Yoga:** Tues & Thurs 8:15- 9:15am OR **Gentle Yoga:** 9:30- 10:30am

*Vinyasa flow style class focusing on breathing through the movements.*

In-person, virtual Zoom and Recorded classes available

**Cardio Sculpt:** Fri 8:15- 9:15am OR 9:30- 10:30am

*Full body strengthening mixed with high intensity cardio intervals.*

In-person, virtual Zoom and Recorded classes available

- \$130 per month for unlimited, in-person classes. \$200 per month for couples unlimited, in-person classes. Access to Zoom and recorded classes as well. One free guest pass per month.
- \$100 per month for unlimited virtual Zoom and recorded classes. \$150 per month for couples unlimited virtual Zoom and recorded classes.
- \$130 for a 10-class punch card (expires 3 months after purchase)
- \$15 drop-in

### Extra Services:

**Plant based Cooking Demo:** Wed 4:30- 5:30pm, once per month on: 6/11, 7/9, 8/13

*Interact with me while I cook a seasonal, plant based meal. Learn about the ingredients and nutritional properties of the food. Taste the meal at the end and leave with the recipe! Recorded class available. \$25 per live class. \$10 for the recording.*

**Sunday Circuit & Smoothie:** Sun 9:00-10:00am, once per month on: 6/29, 7/27, 8/24

*Get your sweat on in this upbeat cardio circuit class! Choose your intensity level to maximize your workout and follow it up with a healthy smoothie to refuel the body. Watch me make the smoothie and learn about the ingredients. Go home with the recipe. \$25*

**Private Training OR Nutrition Consultations:** *Want to get on the right track to a healthier and happier way of being? Schedule a one-hour consultation with me! \$100 per hour*

Text or email Julie to sign up!

Julie Richardson, RD, LD

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